



Pictured far left: Former Momentum client, Frank McCann. Sit-down volleyball has proven to be so popular with Momentum clients that their enthusiasm has attracted participants from other groups.

Momentum Clients on the Ball!

MOMENTUM'S Birmingham brain injury service received a big boost from Sport Relief when it was awarded more than £4,000 to run sit-down volleyball sessions for its clients who have an acquired brain injury. The Sport Relief cash will fund the year-long sessions, which are professionally coached by sports tutors from Birmingham University.

Sit-down volleyball is an innovative adaptation of the game of volleyball and is geared towards people with disabilities. It involves players sitting on the ground and sliding around the court in order to hit or return the ball over the net.

The sport addresses a number of difficulties experienced by Momentum's clients who have an acquired brain injury, including

improving perceptive skills and building confidence so that individuals can go on to pursue other opportunities in employment, training and education.

Speaking of the initiative, Suzanne Ashby, Regional Manager for Momentum Birmingham, says, "We are thrilled that we can offer this unique opportunity to our clients thanks to the support of Sport Relief. Momentum's sit-down volleyball sessions have proved to be extremely popular with our clients and their enthusiasm has also attracted members from other groups to join in. Not only is it a fast and exciting team sport but it's also physically challenging. We've seen tangible results in both the physical health and mental health of those taking part."

Momentum's brain injury centre in Birmingham provides a wide

range of supports to people with an acquired brain injury and other neurological conditions, ranging from initial assessment, integration back into society, and returning to work, education or training. ■

Who to contact

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